ACTIVITY LOG

5 minutes of heart-pumping exercise is the same as running a quarter-mile!

Color one square for every 5 minutes of physical activity.

Example:

START

10 MILES
DANCE, JUMP, JOG, AND PLAY YOUR WAY TO A MARATHON!

20 MILES

5 MILES

15 MILES

KEEP MOVING!
Way to go! You just finished a marathon. Stay focused and run towards your next goal!

26.2 MILES!